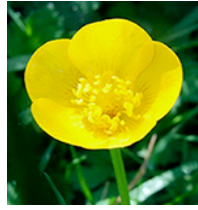


Buttercup

Self-Worth, Trust and Loving-Kindness Fun, Confidence and Appreciation



- ☒ This essence reminds us that self worth is an inner state, rather than something which depends upon other people's approval or disapproval. We can always choose how others affect us.
- ☒ It can help us feel stronger, more confident and flexible when life feels too much to deal with.
- ☒ It makes us aware of what we allow into our space, so we can redefine our boundaries if necessary.
- ☒ It encourages us to appreciate the positive, to live spontaneously in the moment with a sense of fun.
- ☒ At times when we're struggling to define our identity and find our independence, it can help to clarify our confusion, so that we find our calm centre.
- ☒ When we feel frustrated because we seem to have reached a plateau in our development it soothes us into a more patient frame of mind so we can accept that timing is all in divine order.
- ☒ It enhances our childlike qualities, connecting us to nature and to the fairy realms.
- ☒ It encourages us to feel worthy and that we have value regardless of where we are in our life.
- ☒ It helps us to connect to our own divine nature. Rather than comparing ourselves unfavourably to others we can see that everyone is an essential and beautiful part of creation.
- ☒ It can help us to realise our own undeveloped gifts and to share them with others, especially in groups where a lack of confidence may otherwise make it hard for us to participate.
- ☒ It's an essence which works on the heart and solar plexus chakras to encourage a positive outlook.
- ☒ It's helpful if our early experiences of life 'squashed' our positivity. We may have been told to be less exuberant, as it disturbed those around us, so that we developed a pattern of not expressing fun or appreciation. Now as an adult we may find it difficult to be spontaneous or to celebrate life.
- ☒ It's a useful essence if we've experienced disappointment or felt let down, so now it's hard to see the good in others or to have positive expectations. It's particularly helpful if we look for a hidden agenda when people offer us help or support.
- ☒ It helps us to see others through loving eyes, so we see their patterns without criticism and we can accept them as we all are – doing the best we can with the awareness that we have in that moment.
- ☒ Useful Affirmation: *'I'm radiant. I express my unique beauty with spontaneity and joy'*

Please Note: Individual essences are not available from Spirit of Transformation, as a bespoke blend is much more powerful. If this essence resonates for you, then order a spiritually guided attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your attunement.

Click here for attunements: <http://www.spiritoftransformation.com/Attunements.htm>

This essence is part of the Spirit of Transformation Capricorn-Saturn blend:

<http://www.spiritoftransformation.com/planetaryessences.htm#capricorn>

This essence is part of the Spirit of Transformation Appreciation blend:

<http://www.spiritoftransformation.com/transformationessences.htm#appreciation>

Acknowledgement and Thanks With acknowledgement and thanks for this information to

Crystal Herbs: http://www.crystalherbs.com/shop/afrack.asp?ID=74&Req=prodtype.asp?PT_ID=81

Morningstar Essences: <http://morningstar.netfirms.com/floweraf.html>

Bailey Essences: http://www.healthlines.co.uk/FLOWER_ESSENCES/Bailey_Essences/bail1.php#butc

Ananda Apothecary: <http://www.anandaapothecary.com/fes-north-american-flower-essences/buttercup-flower-essence.html>

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N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.